



**Living Healthy,  
Working Well**

# **Wellness Tips**

## **New Year's Resolutions From A to Z**

Not all New Year's resolutions consist of goal setting, timelines and diaries to keep track of progress. Some of the best resolutions are the simplest. The following are some practical and fun resolution ideas to help you start the New Year right:

**A**rrive five minutes early for appointments.

**B**udget your finances.

**C**onserve energy.

**D**o someone a favor.

**E**xercise and eat right.

**F**loss after every meal.

**G**o bicycling.

**H**ave a garage sale.

**I**ndulge in an occasional manicure or massage.

**J**oin a social club.

**K**eept your promises.

**L**augh at least once every day.

**M**aintain a healthy weight.

**N**egotiate when you disagree with someone.

**O**pen a savings account.

**P**lant trees.

**Q**uit smoking.

**R**ecycle.

**S**tart a monthly reading club.

**T**oss out things you don't need. (Better yet, donate them to charity.)

**U**nderstand and appreciate diversity.

**V**olunteer time with a nonprofit organization.

**W**rite letters to your family and friends.

**X**erox your letters and send them to more family and friends!

**Y**ield the right of way in traffic.

**Z**zzzzzzzz — Get plenty of sleep.

### **Call Your EAP**

Whether setting goals for the new year, or just need an objective advice, your Employee Assistance Program (EAP) is here to help with personal concerns or problems. EAP counselors are available 24 hours a day, every day of the week, to provide confidential assistance at no cost to you. Information, self-help tools, and other resources are also available online at [www.MagellanAssist.com](http://www.MagellanAssist.com).

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